

# BAVARIAN NEWS

## Electronic data stolen from VA employee

*Veterans Affairs taking steps to protect millions of veterans' information*

Army News Service

Electronic data including names, social security numbers, and dates of birth for up to 26.5 million veterans and some spouses, as well as disability ratings, have been stolen. The electronic data was burglarized from the home of a Department of Veterans Affairs employee who violated organization policies by taking the data home. The FBI, VA Inspector General's office, and law-enforcement agencies

have launched an investigation, and the employee is on administrative leave pending an outcome. "Authorities believe it is unlikely the perpetrators targeted the items because of any knowledge of data contents," said Secretary of Veterans Affairs R. James Nicholson in a notification letter to veterans. "It is possible that they remain unaware of the information or how to make use of it," he said. "VA is taking all possible steps to protect and inform our veterans," said

Nicholson, adding that no evidence suggests the data has been used. VA is working with Congress, the news media, veterans service organizations, and other government agencies to ensure veterans and their families are aware of the situation and know how to protect themselves from misuse of their personal information. Task Force members are working with credit bureaus to help ensure veterans receive free credit reports, and will meet today to coordinate federal response and increase

safeguards to prevent the reoccurrence of such incidents. More information is available at [www.firstgov.gov](http://www.firstgov.gov). Veterans may also call (800)-FED-INFO to learn about consumer-identity protections. The call center will be open 8 a.m. to 9 p.m. EDT Monday through Saturday as long as it is needed. "The call center will be able to handle up to 20,000 calls per hour, or 260,000 calls per day," Nicholson added.

"The men and women of VA take our obligation to honor and serve America's veterans very seriously and we are committed to seeing this never happens again," he said.

### For More Info

Visit [www.firstgov.gov](http://www.firstgov.gov) or call (800)-FED-INFO 9 p.m. EDT Monday through Saturday.

## WILLKOMMEN STRYKER SOLDIERS!

### Advance party finds welcome mat out, porch light on

by ARTHUR McQUEEN  
USAREUR Public Affairs

When family drops in to visit Europe, fixing up a guest bedroom is usually pretty easy. But when a Stryker Brigade Combat Team starts moving in, preparations are much more elaborate. The lead element of the 1st Battalion, 25th Infantry Regiment, including 296 Soldiers and family members, plus some four-legged companions, left Fort Lewis, Wash., and arrived at Vilseck May 17. The unit will be re-designated as the 2nd Cavalry Regiment in a Fort Lewis ceremony June 2. The restationing of more than 3,500 Stryker Soldiers and families to the area provides U.S. European Command an advanced, rapidly deployable force. The Stryker Brigade's arrival represents a milestone in EUCOM's transformation, while emphasizing the commitment of the U.S. to the European alliance. A Stryker Brigade Combat Team is a rapidly deployable ground combat force developed around the Stryker Combat Vehicle. It is transformational and transitional, acting as a bridge to the fully transformed capabilities of the Future Combat System.

#### Moving in.

After processing through German Customs at the Nuernberg airport, the advance party boarded buses to take them to their new Bavarian home. Their welcome was the result of "some magnificent work on the part of a lot of people," said Maj. Gen. Mark P. Hertling, USAREUR deputy chief of staff for operations. These included many community organizations and the 3rd Brigade Combat Team, the Stryker brigade's sponsor organization. Volunteers from Vilseck and surrounding communities answered the newcomers'



Courtesy photo

**Grafenwoehr volunteer Ginger Perkins passes a welcome packet to an incoming Stryker Brigade Soldier. Twelve volunteers responded to a call from ACS to meet and greet the nearly 300 incoming Soldiers and family members. Approximately 9,000 Americans are scheduled to move to Vilseck in the coming months.**

questions, distributed information, and provided snacks. "Today was mainly to let them know we are here to help," said Vicki Cunningham, Vilseck Army Community Service volunteer coordinator. Day 0, arrival day, was designed to just "take care of the things that cause grief," said Col. Brian Boyle, USAG Grafenwoehr commander, who visited Fort Lewis in April as part of the transition effort. "Get them in here, get them fed, get them in their homes," Boyle said, noting the visible stress of the long trip on younger family

members. Normally, the Vilseck inprocessing center averages 15 Soldiers a day, said Dick Cooper, deputy director of plans, training, mobilization and security for U.S. Army Garrison Grafenwoehr. The Stryker restationing will raise that daily average to 150, requiring some changes in procedure and venue, he said. The inprocessing offices relocated to the Memorial Fitness Center, where crowds can be more easily handled, said Hiram

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## Soldiers can join online Weigh to Stay

Army News Service

Soldiers can now participate in the Army's weight management program from the comfort of their own home. The Army has launched an online version of "Weigh to Stay" to improve the program's accessibility and convenience for Soldiers, families and retirees. "The site has been hugely successful," said Lt. Col. Danny Jaghab, site creator and nutrition staff officer for the Directorate of Health Promotion and Wellness, U.S. Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md. "We recently had 23,000 hits, the most any medical page has received on (Army Knowledge Online) other than the 'myMedical' page." The Weigh to Stay program is an Army requirement for Soldiers who have been "flagged" for weight, and comprises three one-hour sessions and three half-hour follow-up sessions with a dietitian.

Before the online program, reserve- and active-duty Soldiers had to attend sessions in person. While the requirement wasn't generally a problem for the active duty, who have easier access to dietitians, it often created headaches for reservists and their leadership. Reservists have to take time off from their civilian jobs and, in some cases, travel a distance to attend a session with a dietitian," Jaghab said. "As a result, the program's return rates were poor for reserve and Guard members." Hoping to remedy the problem and improve the overall health of reserve members, Army leadership asked Jaghab to find a solution. Jaghab turned to the Internet for inspiration. "It made sense; people would be able to do the program from home at any time." The online site duplicates the standard version, offering the same number of sessions and content, which includes nutrition basics and myths, supplement use, menu planning, behavior modification and the importance of exercise. The only difference is that participants attend sessions online rather than in-person.

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## Deployed Soldiers to see senior graduations via live webcasts

Army News Service

Service members deployed from Europe to Iraq, Afghanistan, Africa and other locations during this summer's high school graduation season can still see their seniors crossing the stage via live graduation ceremony webcasts. At least 18 graduation ceremonies will be viewed by an estimated 179 deployed parents thanks to the combined assets, talents and

technologies of the Department of Defense Dependents Schools - Europe; U.S. Army, Europe; 5th Signal Command; U.S. Air Forces in Europe; Combined Joint Task Force-76 (Afghanistan); Multi-National Corps - Iraq; American Forces Network-Europe; and M-CAST Engineering Services. The first graduation ceremony is expected to be webcast Friday. Ten graduation ceremonies will

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**Simone dance troop Polynesian Oli and the Filipino troop Gru-Pong Filipino danced to the music of the Tropical Sounds band May 20 at Vilseck Army Airfield during the annual Asian-Pacific Heritage Luau.**

Photo by Reggie Dean



## Q&amp;A

What will you *miss* most about *Germany*?



**Erica White**  
"I'm going to miss the travel opportunities, the kindness of Germans, and the cleanliness of the country."



**Scott Drye**  
"The tight group we have here, because we've had a lot of good times here, and now (our unit) is kind of splitting up."



**Lena Schilling**  
"My family, the food, and culture. I've visited the States before, but never lived there."



**Matthew Bartholomus**  
"The opportunity to see other cultures so easily. (Over here), they're all right next door."



**Sally Dominique**  
"The traveling, the culture, and the beer."



**Stephen Peterson**  
"The autobahn, Hefeweissen, no litter, the bicycle paths, and all the fests."



**Kyle Byrne**  
"The culture, traveling, seeing different countries. I'll miss the snow and winter weather."



**Carla Britton**  
"I'll miss how it's such a relaxed setting, like you're being taken back in time."

## Command Message

# Personal responsibility must accompany the "good life"

Spring is clearly here and summer is rapidly approaching. Other than a seemingly overabundance of pollen this year, we have had pretty good weather. Let's hope it stays this way over the rest of the summer.

## Personal responsibilities of living and working on our posts

Generally our communities are pretty good places to live and work. We have pretty good housing, relatively good access to AAFES/DeCA and MWR programs, and interesting things to do on our free time—probably because of our location in Europe.

In fact, I'd argue that we are at least equivalent with all other garrisons in USAREUR and probably across the entire IMA footprint. But, there are responsibilities that accompany the 'good life' we all enjoy.

Some of those responsibilities are listed below:

- There are quiet hours in and around housing. People should not have to worry about getting their kids to sleep because of neighborhood noises.
- Residents should not have to pick up 'empties' or deal with obnoxious, inebriated personnel returning from the bar in the early morning hours.
- The second greatest cost the garrison bears is trash due to people not sorting and recycling. Sorting allows me to pay less for trash and use our resources elsewhere – so SORT your trash.
- Clean up around your area. Spend some time weeding and keeping your outside area mowed and swept.

In summary, while this is a short list, (there



Boyle

**"Pride in your neighborhood and respect will go a long way in helping make this the best place to live and serve."**

are a probably a host of others), it really is about respect for your neighbors and pride in your community.

## It is no big secret that funding remains a major concern

Some services that the garrison has provided in the past are just not affordable anymore. Personal pride in your surroundings, use of the Self Help stores to make needed improvements, and courtesy and respect for your neighbors will help all of us enjoy our great area.

Along those lines, we are making the final updates to the garrison policy letters. They will be finished in time for the next column and posted so everyone can see the standards that we expect everyone to live by as members of this community.

## Travel

Most of you aware of the World Cup soccer tournament this summer.

The German government will start to enforce "former border crossing sites" to help control traffic and try to stop some of the expected hooliganism.

As a reminder, be sure you have your passport when you travel outside of Germany this summer. And as stated in previous

columns and reinforced by USAREUR in the Bavarian News and Stars and Stripes, obtain your international drivers license.

It is relatively inexpensive and will ensure your being able to drive in neighboring European countries.

## Legal column

Inside this edition, on Page 3, you will see a new legal column. In it, we will publish recent uniform Code of Military Justice and Court Martial results.

The purpose of the column ties into the beginning of this column - **it is all about personal responsibility.**

For whatever reason, some members of our community decide not to follow established rules. When detected, we will do what is required and report the results back to the community.

## Thank you!

I can't thank enough the 'ladies in orange shirts', 41<sup>st</sup> Transportation, and the 94<sup>th</sup> Engineers for helping the garrison 'arrive' the of 2<sup>nd</sup> Cavalry Regiment advance party.

Volunteering your time was a God-send to the 2CR Soldiers and families after their 12-hour flight and long bus trip to Vilseck.

To everyone else, if you see personnel and family members walking, they probably don't have their car yet. Consider giving them a ride. I know they will appreciate it.

Pride in your neighborhood and respect will go a long way in helping to make this the best place to live and serve in Europe.

*Col. Brian T. Boyle  
Commander, U.S. Army  
Garrison Grafenwoehr*

## Memorial Day 2006

### 'Own the Edge' this Memorial Day season

Memorial Day is a time to honor our fallen comrades and recognize the sacrifices of those defending our great nation today.

As we enjoyed some well-deserved time off over the holiday weekend, let us not forget the many Soldiers and civilians who are away from their families fighting the Global War on Terrorism and supporting other contingencies.

Our deployed personnel are confronted with unique challenges every day, many of which stretch the limits of current Army doctrine. They must routinely perform operations "on the edge."

These operations require immediate, on-the-spot decision-making skills. Their decisions may very well determine the success or failure of the mission.

For this reason, leaders and Soldiers must be knowledgeable and confident in making the right decisions when balancing the risks against mission accomplishment.

To help modern leaders and Soldiers make informed choices, the United States Army Combat Readiness Center developed a campaign called *Own the Edge*. This campaign, at <https://crrc.army.mil/readiness/>, acknowledges the risks associated with our operations, helps individuals define which risks are acceptable and unacceptable, and promotes modifying our operations as necessary to manage those risks and "own the edge."

This process of managing risk is known as Composite Risk Management, or CRM.

CRM widens our focus on accidents to include all sources of loss, since losing combat power to enemy action is no different than losing combat power in an accident.

Historically, we have lost more of our Soldiers to accidents than we have to enemy action. CRM involves the same five-step



Gen. David McKiernan

### America is deeply grateful

On this Memorial Day, we again pause to remember and to honor those who dedicated their lives to the service of others.

From the first citizen soldiers who stood fast to defend their homes at Lexington and Concord, to the Soldiers, Sailors, Airmen, and Marines securing our liberty and our way of life today, our country has been truly blessed by those who stepped forward to say, send me.

Theirs is a noble calling that founded a nation, drove back the forces of fascism, communism, and terrorism, and made historic advances

in the cause of human freedom.

Their service strengthens our will to persevere through every challenge. They remind us of what it means to be an American.

So to all of those serving our country today, know that we are deeply grateful to you and to your families. May God bless you. And may God bless our wonderful country.



## (Dog) Gone... But Not Forgotten!

In 1936, Mary Travers, member of the famous Peter, Paul & Mary singing group, was born in Louisville, Kentucky.

In 1560, Jean Nicot de Villemain, France's ambassador to Portugal, wrote about tobacco's purported medicinal properties. Nicotine was named after him.

In 1908, *The Beaumont* (Texas) Journal, in a brief obituary reported that Charles Fisher "dropped dead yesterday in the street. He was addicted to the cigarette habit."

So...you're Dutch?  
No, I'm Deutsch.  
Yeah, Dutch.  
No, Deutsch is German.  
German? You said you're Deutsch!  
I am Deutsch.  
What's this German thing?  
Never mind, I'm American.  
Hey! Me too!



In 1790, records showed the "Pennsylvania Dutch" made up one-third of Pennsylvania's population. However, these people, who still comprise a significant portion of the population, are German, not Dutch. One theory is that the word Dutch is a mispronunciation of the German word "Deutsch," which means German.

## Bavarian News

Grafenwoehr • Hohenfels • Vilseck

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# Did you take the time to remember those who paid the price for our tours?

One of my favorite pastor jokes is about the small child sitting with her Grandpa for the church's annual Memorial Day service. As the choir sang its opening anthems of "God Bless America" and "This Is My Country," the child's gaze caught the church flag dotted with paper gold stars. Naturally curious, she asked the predictable question, "Why are there stars on the flag?" Her grandfather dutifully answered "Honey, those are for all the folks from our church who died in the service."



Chaplain (LTC) Joel Harris

After a moment the little girl asked "Which service was it? The nine o'clock service or the eleven thirty?"

**In the beginning**

There are a number of theories as to the origins of Memorial Day. What we do know is that Memorial Day was officially proclaimed on May 5, 1868, by General John Logan, national commander of the Grand Army of the Republic and was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

Through World War I, the focus was mostly on honoring the Civil War dead. Southerners refused to acknowledge the

national day, honoring their dead on separate days.

Following the "Great War," the emphasis changed from honoring only those who died in the Civil War to honoring Americans who died fighting in all of our nation's wars.

Today, Memorial Day is celebrated in almost every state on the last Monday in May. Local towns and villages have their Memorial Day Parade complete with bands, flags, floats, and generally not just a few old Soldiers who still march in step and cause small children to ask "Why?"

**The Old Guard**

On the Thursday before Memorial Day, the 1,200 Soldiers of the 3rd U.S. Infantry's "Old Guard" place small American flags on each of the more than 260,000 gravestones at Arlington National Cemetery.

They patrol 24 hours a day during the weekend to ensure that each flag remains standing.

Anyone who has attended the "Changing of the Guard" at Arlington Cemetery comes away profoundly moved. Sadly, most Americans now have forgotten the meaning and traditions of Memorial Day.

For most, it is simply the first grill-out weekend of summer, the end of classes, the start of the summer "Blockbuster" season at the theaters or just another Monday off from work.

To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed in December 2000.

This resolution asks that all Americans at 3

p.m. local time "voluntarily and informally observe in their own way a "Moment of Remembrance" and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps.'"

My favorite Memorial Day took place during our last "European Vacation."

As we were getting ready to PCS from Germany, my wife Patti and I decided on one last tour, one I had planned on for years. So we booked ourselves for a trip to Normandy.

**The battlefields**

Now my kids used to say that it wasn't a real vacation unless dad dragged them across some musty old battlefield, pausing at each marker and narrating ad nauseam the intricate and mind-numbing details of what happened at every stop along the way. And though the children were grown, my loving wife cheerfully played the role of interested observer to my tour guide.

The highlight of the tour came only at the end when I got to spend some "quiet time" with a group of World War II veterans – 9,368 to be exact. They represented diverse states and hometowns, education, and ethnic backgrounds.

Some were privates and some generals.

Some held the Medal of Honor and others were literal unknowns.

They had come from every state and every race in the country and they represented a cross-section of America.

And while they may have had little in common in terms of their civilian lives, on that day - Memorial Day 1999 - they all shared one thing in common.

They all occupied the same plot of ground at the American Cemetery, overlooking

“As we were getting ready to PCS from Germany, my wife and I decided on one last tour ... to Normandy.”

Chaplain (LTC) Harris  
Command Chaplain  
7th Army JMTc

Omaha Beach and at a point in time 62 years ago, they all stopped growing old.

As I walked among the crosses and Stars of David, I couldn't help but realize that the real price for my tour had been paid 55 years earlier.

**Wherever we go**

Since that time, my wife and I have tried to spend each Memorial Day with another group of "veterans," in Luxemburg, the Meuse-Argonne, St Mihiel and other cemeteries around the world wherever duty has placed us.

Last weekend as our country is once again at war and America's sons and daughters are once again "paying the price," I hope we took to the time to celebrate by listening, learning, and remembering those who paid the REAL price for our tour.

## CRM enables Soldiers to ‘own the edge’

Continued From Page 2

risk-management process, but the concentration is now on all losses—tactical, accidental, and on and off duty. The Army's campaign aims at getting the CRM message down to first-line supervisors and individual Soldiers.

CRM enables Soldiers to own the edge, no matter where they are in the fight, by teaching them how, instead of what, to think and challenging them to be smart when it comes to managing risk.

When Soldiers wake up each day—whether in combat, training, or off duty—we want them to ask

themselves one simple question: "What could take me or my buddies out of the fight today?" If you are fighting in Iraq or Afghanistan, it could be the enemy. However, if you are driving during the upcoming four-day weekend, it could be alcohol, fatigue, or speed. No matter what the threat may be, the most effective way to counter it is CRM.

Memorial Day marks the traditional beginning of summer, which is historically the most dangerous time of year in the Army in Europe.

This timeframe is a perfect opportunity for us to implement CRM in our daily activities.

In doing so, we should concentrate on our main causes of serious injuries and fatalities, and be aware of the increased likelihood of these accidents when alcohol is involved:

- Motor-vehicle crashes.
- Drownings in unapproved swimming areas.
- Falls from balconies and windows, and down stairwells.
- Being struck by trains or motor vehicles.

Over the upcoming months, I ask you to consider the consequences of your actions and watch out for your battle buddies, family members, and friends. We must think of what

we can do to keep ourselves and our comrades safe and combat-ready.

Whatever your plans are for the holiday weekend, take time to remember those who have made the ultimate sacrifice in the service of our great nation. Identify the edge and ways to avoid going over it, learn to be adaptive and innovative, and recommit yourself to doing what it takes to stay alive. *Own the edge!*

Gen. David McKiernan  
Commander,  
U. S. Army Europe

## DeCA campaign urges families to stock pantries

Defense Commissary Agency

With memories still lingering from Hurricane Katrina, the need to prepare for a disaster is on everyone's mind.

Government agencies and the Red Cross recommend Americans keep a supply of essentials on hand above and beyond what they normally have on their kitchen shelves.

Military families are being encouraged to "load up their pantries" as the Defense Commissary Agency launches an awareness campaign encouraging military families to keep nonperishable foods, water and other necessities on hand for emergencies.

DeCA is teaming up with the Armed Forces Emergency Services Branch of the American Red Cross to raise awareness of disaster preparedness throughout the military community. The "What's in Your Closet" campaign kicks off in June and is intended to get military families thinking about how prepared they are for a disaster. Customers will see posters and handouts in stores, and reminder buttons on employees.

"The storm season starts June 1 and it's a fact that commissaries and military families have been affected by hurricanes and typhoons at home and abroad," said Patrick Nixon, chief executive officer and acting director of the Defense Commissary Agency.

"We want to raise awareness of the need to keep emergency supplies on hand – and that shoppers can realize savings of 30 percent or more by using their commissary benefit to supply their emergency closet."

The media has also heightened awareness of the possibility of a "pandemic," an outbreak of infectious disease that has the potential to spread worldwide. "Disasters can take on many forms," said Joseph Moffat, executive director, Armed Forces Emergency Services. "From blackouts to blizzards, to tornadoes and earthquakes, everyone should be prepared with enough emergency supplies to last seven days."

"The commissary disaster preparedness posters have a list of basic items people might want to consider," said Nixon. "But there may be many more items such as shelf-stable milk or favorite snacks that people might want to include. This is simply intended to get people thinking and get them to take action – now."

Red Cross representatives will have the opportunity to set up displays or tables in commissaries to provide information and answer questions, and in some cases customers will also have the opportunity to sign up for volunteer services and classes, such as first aid or disaster preparedness.

Are you ready for a disaster?

What's in YOUR closet?!

Supply Closet Suggestions  
7 Day Supply Recommended

Canned meats, fruits and vegetables	Batteries
High-energy foods: nuts, raisins, granola	Matches in a waterproof container
Infant/baby food and supplies	Candles and charcoal
Pet food	Toilet paper, towelettes
Non-perishable food	Soap/detergent, disinfectant/bleach
Over-the-counter medications	Personal hygiene items
Garbage bags	Paper cups/plates, and plastic utensils
Water (at least a gallon per person daily)	First aid kit, hand sanitizer
Manual can opener	Plastic storage containers

Other important items: flashlight, battery-operated radio, extra clothing, blankets, prescriptions, money (paper and coins), eyeglasses, and important documents.

Be Prepared....Save Money!  
Pantry loading at your commissary is a GOOD idea!

This list of items may not be all you need. For more on disaster preparedness:  
[www.ready.gov/america](http://www.ready.gov/america) [www.pandemicflu.gov](http://www.pandemicflu.gov) [www.redcross.org](http://www.redcross.org)

[www.commissaries.com](http://www.commissaries.com)

## Justice Jottings

On April 9, a 28-year-old male staff sergeant was cited for wrongful overindulgence of alcohol. He was found guilty during an Article 15 hearing and was reduced to E5, forfeited \$1,256 for two months, and ordered to serve 30 days extra duty and received 14 days restrictions.

On April 2, a 22-year-old male specialist was cited for assault and drunk and disorderly conduct. He was found guilty during an Article 15 hearing and ordered to serve 30 days extra duty and received 30 days restriction.

On April 2, a 21-year-old female specialist was cited for disobeying a noncommissioned officer, aggravated assault, communicating a threat, and drunk and disorderly conduct. She was found guilty during an Article 15 hearing and was reduced to E3, forfeited \$927 for two months, ordered to serve 45 days extra duty, and received 45 days restriction.

On March 26, a 36-year-old male specialist was cited for drunk driving. His alcohol level was .122. He was found guilty during an Article 15 hearing and was reduced to E3, forfeited \$850 for two months, and ordered to serve 45 days extra duty.

On March 17, a 26-year-old male specialist was cited for driving under the influence and fleeing the scene of an accident. He received a General Officer Memorandum of Reprimand that was filed in his Official Military Performance File.

A 28-year-old male sergeant was cited for wrongful use of a controlled substance. He was found guilty during an Article 15 hearing and was reduced to E4, forfeited \$1,256 for two months, received 45 days restriction, and ordered to serve 45 days extra duty.



# Army gives thumbs-up to only two CLPs

## *Unauthorized products could cause ‘weapon failure, not on range, but in fire-fight.’*

Army News Service

The Army Research, Development and Engineering Command wants to make it clear to all Soldiers that the only two approved CLPs (cleaners, lubricants, protectants) that should be used on a variety of weapons systems are Breakfree and Royal.

During a recent Pentagon press briefing, Maj. Gen. Roger A. Nadeau, RDECOM commander, reiterated that the Army has conducted a battery of tests that concluded the products under recommendation since 2003 were still vastly superior to others.

“When desert ops came up in 2003, the then-director was asked to take a look at the Army’s

CLP to see if there was a lubricant with relaxed cleaning and preservation qualities that, in a desert-like environment, would be exceptional in performance to what the Army had at the present time,” Nadeau said.

So the Army took a closer look at its field requirements, and solicited samples from manufacturers for products aimed primarily at lubrication. The Army Test and Evaluation Command tested 21 samples received by manufacturers, as well as the two CLPs already approved at the time, under multiple categories of application and a wide variety of operating environments.

“The tests were on four weapons systems covering handguns, rifles and machine guns...

bottom line, end-state to the tests was that the superior performers in all categories turned out to be those products which were already approved by the Army,” Nadeau said.

Nadeau cautions Soldiers using unauthorized CLPs that the product may work fine on Monday and Tuesday but by the time Friday rolls around the Soldier might have created a scenario he or she didn’t see coming – “weapon failure, not on the range, but in a fire-fight.”

“We authorize products to Soldiers which have undergone rigorous testing, products we know that will work every time. Soldiers don’t have to think about quality performance, the testing has been done ad nauseum and works across a spectrum of environments,” he said.

While there are technical manuals and bulletins that tell Soldiers exactly how to use the authorized CLPs, the key to any weapon’s success is up to the individual Soldier’s training and dedication to weapon and cartridge cleaning.

“Even if the manual says you should clean your weapon twice a day, if you’ve got time, clean it four times a day, if you’ve got more time, clean it eight times a day because the one time you didn’t clean it may be the time it jams,” Nadeau said.

“Soldiers should know there are a lot of people behind the front lines who get paid to make sure the Soldiers on the frontlines get the best we can give them at every possible opportunity,” he pointed out.



**Post Volunteer of the Year Rosey Normand and the teen volunteers of the year, Kirsten Arnold and Lyndy Axon, cut the celebration cake during the Hohenfels Volunteer Appreciation luncheon May 8 at the installation’s Hilltop Center.**

Staff photo by Alice Adler

## CSM Gioia takes reins of 7th JMTC

7th JMTC Public Affairs

More than 300 Soldiers, civilians and families of the 7th U.S. Army Joint Multinational Training Command came together May 23 at 2 p.m. to honor the outgoing 7th U.S. Army JMTC command sergeant major and welcome his replacement.

Command Sgt. Maj. John S. Gioia took the reins of the Army’s premiere training command from Command Sgt. Maj. William L. Ellenburg under the watchful eyes of the assembled command and 7th U.S. Army JMTC commander Brig. Gen. David G. Perkins.

“I’m honored to have been selected to serve in the capacity as the 7th U.S. Army Joint Multinational Training Command CSM,” Gioia said.

“Nothing is more important to me than preparing our Soldiers for the theater of operations that they will find themselves in. We are a nation at war and Global War on Terrorism is a responsibility that I will not take lightly,” he said.

Prior to his assignment here, Gioia served as the Engineer Brigade command sergeant major with the 1st Infantry Division in Bamberg, Germany.

# Troops become citizens during downrange ceremony

Story and photos by

**Spc. MARY FERGUSON**

3rd COSCOM Public Affairs

While most service members and civilians throughout Iraq spent the day focused on their daily operations, 123 of the approximately 45,000 non-U.S. citizens who join them in defending our country made that day memorable. These Soldiers officially completed the monumental mission of patriotic proportion, reminding all those who may have forgotten ... being an “American” is an immeasurable privilege.

One hundred and twenty three service members raised their right hands and took an oath of allegiance to the values embodied in the flag they proudly bear on that same shoulder as they earned their U.S. citizenship during a May 12 ceremony in the Sustainer Theater on Logistical Support Area Anaconda, Balad, Iraq.

The ceremony was the second of its kind held on LSA Anaconda and the fifth hosted by the U.S. Citizenship and Immigration Services for service members deployed to Iraq and Afghanistan.

A video presentation filled with inspirational quotes and photographs opened the ceremony..

Following a welcome by Col. Mark W. Hampton, the 35th Area Support Group commander, Spc. Elisha B. Hormon of the 563rd Aviation Battalion’s Company B, sang the national anthem.

**Eyes rose to keynote speaker** Col. Jannett Jackson, the 40th Corps Support Group commander, as she delivered words of praise,

encouragement and recognition to the service members, while also sharing stories of the dedication, commitment and drive that warranted their citizenship candidacy.

Jackson highlighted the diversity among the ceremony’s subjects, reflecting the differences embraced by the freedom associated with being “American”.

“Of the 123 service members standing before you, 72 percent are male and 28 percent are female,” Jackson explained. “Their ages range from 18 to 57, with more than 50 percent between the ages of 18 and 26. They represent 52 countries ... from South America to Europe ... to the Middle East ... and speak 18 different languages.”

Each of them has a story behind why they are standing here today, ranging from job opportunities and future potential, to family interests and personal pride, she added.

“I was born in Pakistan,” said Sgt. Sajid Malik of the 322nd Maintenance Company. “I came to the United States in 1998 solely for education purposes, and I never thought that I would make the United States my home, but September 11 changed that. I’m a Muslim ... I wanted to bring some change. I wanted to prove that not every Muslim is a terrorist, so I changed my college major to criminal justice and joined the military.”

“It [citizenship] means a lot,” Malik explained just moments after becoming a U.S. citizen. “I worked so hard for so many years, and then finally I joined my comrades in arms, which allowed me this opportunity, and now I’ll be able to

help my younger sister. She wants to be a doctor, and now I can help her come to the U.S.”

Similar to Malik, many of the candidates were fueled by the multiple benefits involved in gaining U.S. citizenship.

“I wanted to go to school, and the fees for school were incredibly different for people who were citizens,” said Spc. Shaneil Thomas of the 610th Quartermaster Company. “A friend mentioned the military being a way toward becoming a citizen and going to school, so I joined.”

Originally from Dominica, West Indies, Thomas was one of the 123 to earn her citizenship during the ceremony.

Before Malik and Thomas joined their fellow service members in taking the oath of allegiance, Anne Corsano, the U.S. Citizenship and Immigration Services Rome District deputy director, and Walter Haith of the U.S. Citizenship and Immigration Services congratulated the candidates and shared the process they all went through to earn their citizenship.

“Each candidate has been examined by an immigration officer and has been found to be of good moral character and attached to the principles of the United States,” Haith said. “Each has been found to be eligible in every respect for U.S. citizenship.”

The service members then took the oath of allegiance and surrounded by a concert of praise and celebration from the audience, they filed onto the stage, each receiving a certificate from Corsano and Jackson and a flag from Hampton and Command Sgt. Maj.



**(Above) One hundred and forty three service members take the oath of allegiance during a May 12 citizenship ceremony on Logistical Support Area Anaconda, Balad, Iraq.**

**(Right) Sgt. Mohamed Ahmed of the 187th Infantry Regiment’s 3rd BCT joins his fellow citizenship candidates in signing an LSA Anaconda T-shirt for the U.S. Citizenship and Immigration Services personnel who made the ceremony possible.**



Gary D. Blackorby, the 35th ASG command sergeant major.

**With their certificates and flags** in hand, the newest U.S. citizens viewed a video message of congratulations from President George W. Bush, and Williams offered a benediction.

Despite the countless times that each service member had placed their hand over their heart or stood at attention to recite the creed of their profession, this time was a first. This pledge and creed marked their inaugural as a citizen of the country they have sworn to defend.



# Schweinfurt cavalrymen take aim at commander in Gunga Din II

Story and photo by  
**KIMBERLY GEARHEART**

*Schweinfurt Community Public Affairs*

Hooah! It's an Army thing. But this time, more specifically, it's a Quarterhorse officer's hooah thing.

More than 25 officers from the 1<sup>st</sup> Squadron, 4<sup>th</sup> U.S. Cavalry Regiment, in Schweinfurt completed a test of their soldiering skills and physical endurance in the Gunga Din II Challenge May 11 at Conn Barracks.

"It's a test of physical and mental endurance and basic Soldierhood," said Lt. Col. Christopher Kolenda, the 1-4 Cav. commander, who introduced the competitive challenge to his subordinate leaders.

Kolenda had participated in similar challenges before and wanted to continue the event with his current command. The title, Gunga Din, is taken from a Rudyard Kipling poem, which includes the line "you're a better man than I am, Gunga Din."

The challenge, consisting of a 12-mile movement around Conn Barracks in full Big Red One battle gear with stops at four Soldier skills stations, was simple — beat the 1-4 Cav. commander's overall time.

Successful competitors received certificates from Kolenda that read "You're a better man than I am."

"And if they all beat me, they all get the certificate," Kolenda said.

But more importantly, the event was a team-building exercise.

"The camaraderie aspect is the main point to it all," said Capt. Piers Platt, support platoon leader and assistant competition coordinator.

Enlisted Soldiers manned the skills-testing stations where officers demonstrated proficiency in areas

such as M-4 rifle, M-9 pistol and grenade qualification, call for fire, and weapons assembly and disassembly while blindfolded.

"You don't get to see the officers doing the Soldier stuff very often. This shows the Soldiers that the officers know what they're doing and builds confidence in their leadership," said SSG Adrian Duffy, as he observed officers at the weapons assembly station.

In the end, the squadron flight surgeon, Capt. Ronny Bigham prevailed, crossing the finish line first.

Bigham, with 22 years in the service and in his forties, was one of the oldest participants, and crossed the line with his medical platoon Soldiers cheering him on.

"Gotta support the Doc. Gotta support the medics," said Pvt. Chris Murphy, calling Bigham by his nickname.

Bigham was more reserved about winning the challenge.

"Feels good, being the old man of the bunch," he said.

Three other officers completed the challenge ahead of Kolenda, their squadron commander, and received their Gunga Din II certificates as well.



**Officer's from the 1<sup>st</sup> Squadron, 4<sup>th</sup> U.S. Cavalry Regiment, attempt to dissemble and reassemble the M-9 pistol as part of their squadron's Gunga Din II Challenge May 11.**

## Army to purchase, test 30 'dragon skin' vests

*U.S. Army News Release*

The Army announced May 16 that PEO Soldier has contracted with Pinnacle Armor to purchase 30 of its latest body armor vests, known as "Dragon Skin," for delivery no later than May 17.

The 30 production-representative vests will be delivered to H.P. White in Street, Md., for ballistic testing.

HP White is the only National Institute of Justice-certified, independent, ballistic-testing laboratory in the United States capable of conducting the complete First Article Test.

This is the same facility and ballistic testing standards used on the body armor currently fielded to Soldiers.

Upon completion of the First Article Test — which is a three-day

test — the Army will issue a press release stating the results.

All suppliers of Army body armor are required to pass the First Article Test.

This is the same standard test conducted on the currently fielded body armor.

Standard testing consists of a variety of ammunition and weapons fired on various size vests, under a range of conditions that replicate combat environments.

If "Dragon Skin" successfully completes First Article testing, it will advance to the second phase of testing.

The Second Phase testing is conducted at Fort Benning, Ga., and consists of form, fit, function and operational suitability to meet Soldiers' needs across a wide variety of combat tasks.

**Vilseck middle school student Jasmine Pressley took second place (middle school results) in the leading leg of the 400 X 100 during the final track meet of the season May 13. Students from Hohenfels, Heidelberg, Ansbach, Bamberg, and Stuttgart participated in the meet, hosted by Vilseck Middle/High School.**



## USAA Educational Foundation offers identity-protection tips

by **SAMANTHA QUIGLEY**

*American Forces Press Service*

It doesn't take much information for a determined identity thief to succeed, a certified financial planner with USAA Financial Planning Services told American Forces Press Service Thursday.

The identity theft issue is at the forefront for millions of veterans who learned this week that computer equipment containing their personal information was stolen from the home of a Veterans Affairs Department analyst.

A little personal information that can be easy to find on the Internet — name, date of birth and address, for example — can make stealing someone's identity relatively easy, June Walbert said.

### Up for grabs

"Clearly our personal information is up for grabs," she said. "We have to face the fact that we live in the information age."

Walbert suggests exercising due caution. Tearing up paper financial statements may be good enough unless a persistent identity thief takes the time to fit them back together like a puzzle.

Cross-shredding financial documents is the best way to make sure information doesn't end up in the wrong hands. Electing to receive financial and credit card statements via the Internet is an even better option, Walbert said. Using Internet transactions, she said, is actually safer than receiving the paper statements in an unsecured mailbox.

"(Security of personal information) is something financial institutions work on daily to ensure that there's not some new trick of the trade out there that's going to enable people to access their customers' identification number and balances," she said. "Financial institutions are extremely diligent about it, because they know the risk that is out there."

### Photocopy cards

She also suggests making a photocopy of all credit and debit cards so if a wallet or purse is stolen, what was stolen doesn't become a guessing game. The copies provide a record of card numbers as well as phone numbers for the credit companies. They should, however, be kept in a secure place, like a lock box.

The USAA Educational Foundation has some additional suggestions for preventing identity theft, including memorizing a Social Security card instead of carrying the card in a wallet or purse. This holds true for personal identification numbers, as well, Walbert said, adding that each card should have a unique personal identification number.

Personal information should not be provided over the phone, by e-mail or the Internet unless the recipient is a known and trusted source. Also, before entering personal information via a Web site, users should make sure the site uses encryption technology. A site that is encrypted may display a yellow padlock symbol in the browser's status bar or a pop-up window that indicates encryption is being used.

When it comes to banking, the foundation suggests not having unnecessary personal

information printed on checks. Also, depositing checks at the bank is much safer than leaving them at home in an unsecured mailbox for the postal service to collect.

Doing business with responsible companies that take steps to protect their customers from identity theft is also a good idea, foundation officials said.

Monitoring financial statements and credit reports is also recommended. If these items are checked for unauthorized activity, any fraud or identity theft can be quickly handled.

In the recent case of Veterans Affairs' loss of the personal information for 26.5 million veterans, extra precautions should be taken, Walbert said. She offered suggestions to maximize the options Veterans Affairs has offered veterans for reporting suspicious activity.

"What they need to do is call the credit reporting agency and put a fraud alert on their account," she said. This asks the credit agencies to double-check any inquiries into the credit report and history. There is no charge for this service.

### Fraud alert

"As a result of that, you get a free credit report by putting that fraud alert on your credit report," Walbert said.

The agency receiving the request for the fraud alert should share that information with its sister agencies, but Walbert said making this request of all three credit agencies is good practice. It also generates a free credit report from each agency. She added that veterans

## 1st MP Co. deactivates

by **Spc. JOE ALGER**

*1st Infantry Division Public Affairs*

A ceremony was held at Leighton Barracks to honor the 1<sup>st</sup> Infantry Division's 1<sup>st</sup> Military Police Company during an inactivation ceremony May 24.

The 1<sup>st</sup> MP Co., which is the oldest military police company in the Army with 89 years of dedicated service to the nation, distinguished itself so much during its service in World War I, that it was awarded its own distinctive unit crest.

Its Soldiers still wear the crest on their berets to this day. And since WW I, the company has served in every major conflict.

"You never missed a fight," said Col. Keith L. Cooper, 1<sup>st</sup> ID chief of staff, during the company's inactivation ceremony.

Some of the company's accomplishments over the course of its storied history include amphibious landings in Tunisia, Sicily and Normandy during World War II; securing tactical operations centers, traffic controls, and convoy escorts in Vietnam; and providing military police support as part of the "End Run" into Iraq during Operation Desert Shield.

More recently, the 1<sup>st</sup> MP Co. participated in the Implementation Forces mission in Bosnia and two separate rotations into Kosovo in support of the Kosovo Forces mission there.

In February 2004 the company deployed to Iraq in support of Operation Iraqi Freedom, handling a wide range of responsibilities including area security, detainee operations, convoy escorts, personal security, customs operations, and oversight of the Iraqi police and border patrol forces.

During its time in Iraq, according to Cooper, the 1<sup>st</sup> MP Co. processed more than 5,000 detainees without incident and was recognized for managing the best detention facility in the theater.

In August 2005 the 1<sup>st</sup> MP Co. was ordered to inactivate as part of Army's continued transformation plans.

According to Capt. Timothy Mahoney, 1<sup>st</sup> MP Co. commander, the inactivation process was a long and strenuous one.

"This is a bittersweet moment," Mahoney said. "It's been a long, hard road getting here. We hate to see the company go, but we're all proud of its history."

should remember that the information on each report can vary because not all debtors report to all credit agencies. "Just make sure it's all yours, and use it as your baseline," she said.

"They additionally can get that annual credit report that is by virtue of the Fair Credit Reporting Act," Walbert said. "They can get one from each of the three agencies as a result of that act. So do the fraud alert now, then strategically use those other three reports."

### Free credit report

She suggested users get a free credit report from one of the agencies a month after placing the fraud alert, another from one of the other agencies a month after that, and the third in the next month.

"Know that even if you are applying for a credit card or a line of credit (after requesting a fraud alert) ... you are going to have to go through a more stringent process to get your credit checked and approved as well," she said. "So be aware that there is a hassle factor, but it's well worth it."

She also encouraged veterans affected by the Veterans Affairs loss of information to go online daily and check their credit and debit card activity.

If any of the activity can't be attributed to the cardholder, veterans should call the financial institution immediately, Walbert said.

"The bottom line here is a good offense is the best defense," she said.

USAA is a financial services organization serving military members and their families worldwide.



# What’s Happening

## Garrison Communities

### Summer afghan sale

Afghans with representation of Grafenwoehr, Vilseck, and Hohenfels landmarks can be purchased at your local Red Cross Office through May 31.  
Cost: 1 to 3 afghans, \$40; 3 or more afghans, \$35.  
Size - 4’ x 6’ in burgundy, navy blue, or hunter green.

### Community spouses invited to Sunday welcome reception

The spouses of the 7th U.S. Army JMTC and the Grafenwoehr, Hohenfels, and Vilseck communities request the pleasure of your company at a welcome reception in honor of Mrs. John Gioia, wife of the incoming JMTC command sergeant major Sunday from 2 - 4 p.m. at the Tower View Restaurant in Grafenwoehr.  
For more information, contact Sandy Frey at [sandy.frey@us.army.mil](mailto:sandy.frey@us.army.mil), 09641-931675, CMR 415 Box 3087 APO AE 09114.

## Grafenwoehr/Vilseck Briefs

### Lexington Ave.temporarily closed due to construction

Lexington Avenue will be closed through June 19 between the Tower Theater (Bldg. 620) and post headquarters (Bldg 621).  
Motorists in Bldg. 621 must drive to their parking lot by driving up Gettysburg Road, turning left after the old Shoppette, and making another left at Lexington Avenue. There will be detour signs routing traffic along Gettysburg Avenue.

### Major construction on 2166 causes temporary closure

Highway 2166, the main road between Grafenwoehr and Vilseck, will be closed through Sunday. Traffic will be detoured through Vilseck toward Grossschönbrunn (Hwy 2123 toward Freihung B 299) or through “Snake Road” adjacent to the training area. Please adjust your schedule for travel delays.

### Pharmacy temporarily closed for renovation

The Vilseck Pharmacy will be closed through Saturday due to renovation.  
If you have any medication refills, have them refilled as soon as possible. Dispense of routine medication will be minimal during the renovation, so have your prescription refilled over the next three weeks.  
The Grafenwoehr Health clinic will be open during the renovation.

### Book appointments online at Vilseck Health Clinic

Did you know you can book medical appointments at the Vilseck Health Clinic without ever using the phone? Appointments can be booked online at <http://www.tricareonline.com> .  
For information on how to set up a user account, e-mail Capt. Emily Stehr at [Emily.stehr@us.army.mil](mailto:Emily.stehr@us.army.mil).

### Place your free ad in the Bavarian News online

All valid ID cardholders can place free ads in the Bavarian News. Fill out the form at <http://www.rlehner.de/trainingtimes/freeclass.htm>. Be sure to include a contact phone number.

### Local Flea Market Listing

Flea markets are held every Saturday in Wurzburg, BayWa Baumarkt, Nurnbergerstrasse – near the US Post / BMW dealership  
Metz, France (Exhibition Centre, Metz East) Saturdays from 6 a.m. – noon, Sunday from 7 a.m. - 6 p.m. Visit <http://tourisme.mairie-metz.fr> for more information.

### Bridge distance to loved ones with Video Messenger

MWR is introducing the new Video Messenger, portable recording studios,

available for children, families, and Soldiers to record themselves prior to deployment.  
It is also an ideal means for children and family members to communicate with deployed Soldiers. The program is available by appointment only to eliminate unnecessary waits.  
For more information, visit or call DSN 475-1740.

### Red Cross seeking full-time field office coordinator

**Position:** Field Office Coordinator, full-time – temporary for up to six-months.  
**Location:** Red Cross Vilseck Station  
**Responsibilities:** Provide emergency communications and casework services. Assist in the planning and administration of the delivery of health and safety services training. Assist with human resource functions affecting volunteers including recruitment, placement, and utilization. Administer and/or assist in the management of designated volunteer programs on the military installation.

### Vilseck UofP seeks field rep

The University of Phoenix, Vilseck Campus, is looking for a part-time field representative. Ideal candidates will have a bachelors degree, strong customer-service skills, attention to detail, and knowledge of the military and educational environments. Send resumes to [rachel.burling@phoenix.edu](mailto:rachel.burling@phoenix.edu)

### Part-time teaching positions available with Central Texas

Central Texas College, Vilseck Campus, is looking for part-time instructors for Vilseck in the Automotive/Mechanic program and the Early Childhood Development program.  
Applicants must have either an Associates degree or higher and a minimum of five years of work experience in the program’s field or a bachelor’s degree and a minimum of three years work experience in the program’s field.  
For further information, contact Chuck Sligh at DSN 476-2362; CIV 09662-83-2362 or e-mail [Vilseck@europe.ctcd.edu](mailto:Vilseck@europe.ctcd.edu).

### Office, aide, teacher positions available

If you are interested in an office, aide, or substitute teacher position, please stop by the Grafenwoehr Elementary front office and pick up an application form. The elementary and middle schools will be hiring for these positions for school year 2006/2007.

### Want to learn more about the area? Visit these sites

Want more information about your area? Click on the following links  
<http://www.vilseck.de/>  
<http://www.bavarian-american.com/>  
<http://www.amberg-sulzbach.de/tourismus/>  
[http://www.flohmarkt-termine.net/Veranstaltungen\\_im\\_November\\_2005.html](http://www.flohmarkt-termine.net/Veranstaltungen_im_November_2005.html)  
[http://www.neustadt.de/p/d1.asp?artikel\\_id=1279&liste=&tmpl\\_typ=Detail](http://www.neustadt.de/p/d1.asp?artikel_id=1279&liste=&tmpl_typ=Detail)  
<http://www.regierung.oberpfalz.bayern.de/english/index.htm>  
<http://www.ostbayern-tourismus.de/cms/upload/pdf/engl.pdf>  
<http://www.bayern.by/portal/frontend.php?lang=de&lang=en>  
<http://www.bayern.by/portal/frontend.php?lang=en&artid={82a8582e-0d05-1ce0-c5fd-7f306cd3043d}>  
[http://www.bayern.de/English/News\\_and\\_Links/](http://www.bayern.de/English/News_and_Links/)  
[http://www.bayerninfo.de/radler/h\\_radler\\_e.html](http://www.bayerninfo.de/radler/h_radler_e.html)  
<http://www.amberg.de/englisch/index.htm>  
<http://www.sulzbach-rosenberg.de/herzogstadt/englisch.pdf>  
On most of the Web sites, you can click on the English icon to translate the page to English. For those who do not have an English translation option, visit <http://babelfish.altavista.com/tr> , where you can copy and paste a non-English Web site address for translation.

### Vilseck Thrift Shop may close without volunteer staff

The Vilseck Thrift Shop needs your help. Positions include: manager, cashier and consignment clerk - at least through

the summer - or they will have to close.  
Currently, the hours are Tuesday to Wednesday from 10 a.m. to 2 p.m., but they can adjust the hours to accomodate worker schedules and to prevent a complete closure. E-mail [michael\\_corinna@hotmail.com](mailto:michael_corinna@hotmail.com) if you or someone you know is interested.  
Call DSN 475-7402 or CIV 09641-83-7402 for more information.

### Grafenwoehr Thrift Shop seeking volunteers

The Graf Thrift Shop is looking for volunteers to work Tuesdays and Thursdays, 9:30-2:30.  
Limited child care is available for volunteers.  
Visit the Thrift Shop in Bldg. 533, behind the Graf Laundromat or call CIV 09641-83-6181.

### Female soccer players needed for local team

The female soccer team from Schlicht (near Vilseck) is looking for female soccer players 17 years and older.  
If you are interested in playing on a German soccer team, or for more information, call CIV 0174-9772679 or e-mail [fcschlicht-damen@gmx.de](mailto:fcschlicht-damen@gmx.de).

### Hail & Farewell set June 9

U.S. Army Garrison Grafenwoehr will hold its next Hail and Farewell June 9 at 6 p.m. at Der Lohbachwinkel Hotel/ Restaurant/Gasthof.  
To RSVP, call Bob Ray or Ron Mund at DSN 476-3191 or 476-4171. The dinner must be paid for (15 Euro) in advance - no later than the staff breakfast on June 6.  
**Bavarian Buffet**  
Various salads with dressing  
Roast of pork with dark beer sauce and potato dumplings  
Grilled little sausages with sauerkraut  
Gulasch of venison with spätzle and red cabbage  
Pieces of turkey in creamy mushroom sauce with vegetable rice  
Local catfish in vegetable-butter sauce with potatoes  
Applestrudel with vanilla ice cream

### Late school registration

If you have not registered your child for the 2006-2007 school year, please contact your child’s school to complete the registration.  
Middle school students must register at Grafenwoehr Elementary School.

### Join Catholic WOC for prayer, discussion, study

The CWOC meets to pray, discuss, and study every second Wednesday in Grafenwoehr, Bldg. 555, and every fourth Wednesday at the Vilseck Chapel 6:30 – 8 p.m. We have just begun “A Catholic Guide to the Bible by Father Lukefahr.” Call DSN 476-3696 for more information.

### Community Bank Change in Operating Hours

The Grafenwoehr Community Bank will change its operating hours due to staff training as follows:  
■ June 21 - open 11 a.m. - 4 p.m.  
The bank will be closed on the following days:  
■ Monday - Whit Monday  
■ June 15 - Chorus Christi Day

### Single in Europe? Join BOSS for activities, information

The next Better Opportunities for Single Soldiers Meeting will take place June 8 in the ODR building at Vilseck.  
For more information, e-mail [dawn.andreli@us.army.mil](mailto:dawn.andreli@us.army.mil) or call DSN 475- 7402.

### Prevention of Sexual Harassment On-line Refresher Training

All civilian personnel in the IMA-E Region, to include military service members that supervise civilian employees, must complete this refresher training for FY 2006. Local national employees are also encouraged to participate in this training. All new employees that have not taken the initial classroom training must do so prior to participating in this online course. To schedule initial POSH training, contact Josie Hammond at 475-7215 or [josie.hammond@us.army.mil](mailto:josie.hammond@us.army.mil).  
Web site at: <http://training.newmedialearning.com/psh/usarmyima/message.htm>  
**Vilseck ACS hosting New Parent, Single Parent programs**  
**New Parent Support Playgroup**, “Caterpillars and Butterflies” is held every other Thursday from 10 - 11:30 a.m. at the Vilseck CYS and every other Wednesday from 9:30 – 11 a.m. at the Grafenwoehr Library. **Single Parent Support Group** meets every Thursday from 3 – 5 p.m. at the Vilseck ACS, Bldg. 322. Call in advance if you plan to attend.

## Hohenfels Briefs

### Hours increase at CDC Annex beginning Monday

On Monday, the CDC Annex will be open from 8:30 a.m.- 3 p.m., Monday – Friday.  
Part Day slots will also be available in the Infant/Toddler room.  
The Part Day slots are from noon-3 p.m. in each room for either two day or three day part day care.  
Be advised that these slots in the Infant/Toddler are limited.  
Call 466-2078 for more information.

### Get your tickets for the Summer Jam boat ride

Don’t miss the biggest part of the year! Get your tickets now before there sold out for the summer Jam boat ride party.  
The event will kick off at the Wuerzburg Boat Dock June 17 from 6:30 p.m. until midnight.  
Tickets cost 35 Euros or the equivalent dollar ammount. Boarding begins at 6 p.m.  
For more information, call Kevin McMullen at 09626929485 or 01605024880. E-mail [McMullenk2000@yahoo.com](mailto:McMullenk2000@yahoo.com).

### Martial arts instructor offers adult Taekwo-Do

Join Taekwon-Do classes for adults every Sunday from 1 - 2:30 p.m. at the Hohenfels Post Gym.  
Instructor Georg Kampitas is an internationally qualified martial arts instructor and the founder of the International Black Belt Association. He has been teaching Taekwon-Do classes for over 40 years.  
Call to sign up at DSN 466-2883 or CIV 09472-83-2883.

### Tax Filing Extension through June 15

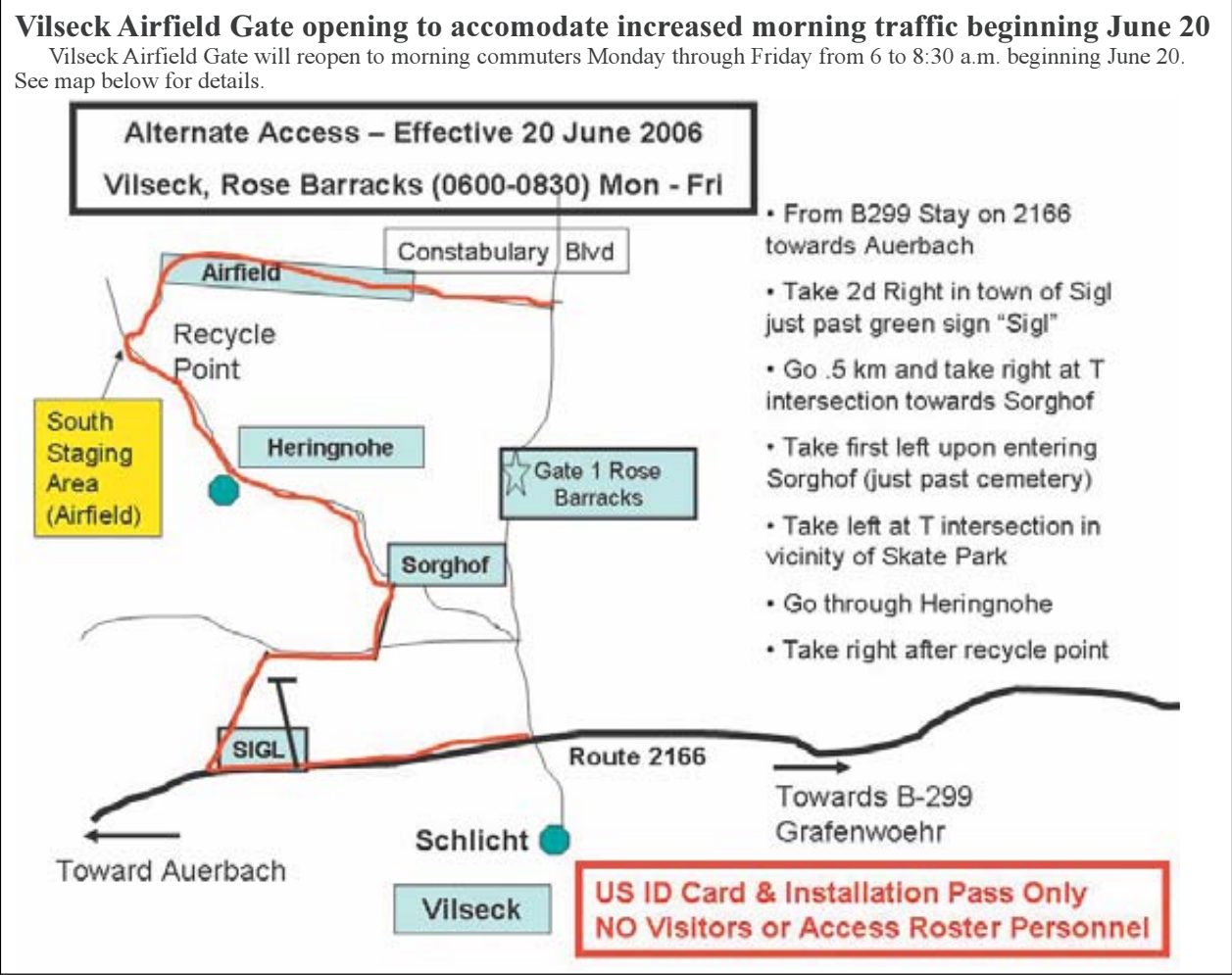
The IRS grants an automatic extenstion for U.S. citizens overseas. This year’s deadline is June 15.  
The Hohenfels Tax Assistance Office will remain open through June to help community members complete and e-file their taxes.  
Call 466-2401 for assistance.

### Spring Sports Ceremony tonight at Great Hall

The Hohenfels High School spring Sports Ceremony, originally scheduled for May 23, will take place tonight at 6 p.m. in the Hohenfels High School Great Hall.

### Confidential marriage, family therapy available

Social Work Services (Bldg. 747) offers ongoing professional therapy for individuals, families, and couples.  
You have a “Right to Privacy.”  
Jacque Cummings, LMFT, is the Marriage, Family Therapist at Hohenfels for ongoing confidential counseling.  
Everyone has a time in his or her life when they feel “stuck.”  
Couples find themselves under stress and unable to communicate effectively or amenably at times.  
Therapy is a way to get the help you need to move past that bumpy place.  
A therapist who becomes familiar with you and your needs and one you can trust is vital to that healing process.  
Call for an appointment: DSN 466-4625 or CIV 09472-83-4625.







# 2006 FIFA World Cup

## Germany plays host to the international community's No. 1 sport

by MARTINA BIAS

Bavarian News Food & Culture columnist

It is hard to overlook the excitement that has currently gripped Germany. The countdown to arguably the biggest event of the year – Germany hosting the 2006 World (Soccer) Cup – is upon us, and the signs are everywhere.

Suddenly, German flags are visible in increasing numbers. Wearing athletic shirts seem to be the latest craze, and German grocery stores sell everything from cheese and sausage to candy and drinks in the shape of soccer balls.

One of the biggest events of the early part of this century is happening right here, right now, and you can be part of it!

The FIFA World Cup (often called the Football World Cup, Soccer World Cup, or simply the World Cup) is the most important competition in international soccer and the world's most representative team sport event.

Organized by the sport's governing body, the Federation Internationale de Football Association, the World Cup is contested by the men's national soccer teams of FIFA member nations.

The championship has taken place every four years since the inaugural tournament in 1930 (except in 1942 and 1946 due to World War II). It can, however, be considered an ongoing event because the qualifying rounds of the competition take place over a three-year period preceding the final rounds.

### The finals

The final tournament phase (often called the "Finals") involves 32 national teams competing over a four-week period in a previously nominated host nation.

These games are the most widely viewed sporting event in the world. During the 17 tournaments held, only seven nations have won the World Cup Finals. Brazil is the current World Cup champion and the most successful World Cup team, having won the tournament five times. Germany and Italy trail with three titles each. This year's World Cup Finals will be held in cities all over Germany for one month. The opening game, pitting Germany against Costa Rica, will kick off June 9 at 6 p.m. in Munich.

To give you an idea of how seriously Germans take their soccer, let me point out that

the nation's favorite soccer hero was given the honorary title of "Emperor."

### Emperor of them all

Emperor Franz Beckenbauer played active soccer during the 70's and ended his career in the U.S. playing for "Cosmos New York." He then returned to Germany to lead the German national team to a World Cup title without ever having obtained a coaching license (his official title was "team chief").

Today he is the president of the most famous and most successful German soccer team "Bayern Muenchen," and he is credited with bringing the World Cup to Germany this year.

Germans are very fortunate that their favorite sport takes off only a few weeks each year.

The national league season, called "Bundesliga," starts in early August. All games of the "Hinrunde" (first round, in which each of the 18 teams plays each of the other teams once) are finished by early December. At this time "Winterpause" – the winter break – will last until some time in January.

During this weather-mandated break from outdoor play, several indoor tournaments take place.

The "Rueckrunde" (second round, in which each team played on the road in the Hinrunde will now be hosted at home and vice versa) lasts until late May or early June.

### Summer play

During the summer, national teams competitions such as the World

Cup (every four years), the European Cup (every four years, two years after the World Cup), and the Confederation Cup (held last summer) take place.

Bundesliga games are not the only world famous soccer competitions that are played in Germany. Filling in the calendar on some Saturdays are "Pokalspiele." The Pokal is a competition that pins teams from various leagues against each other as well as against teams from the Bundesliga.

Although the winner of this competition has always been a top-league team, the reason the competition is extremely competitive and interesting is that many of times a "David" (small amateur regional team) has given a "Goliath" (internationally successful professional team) a run for their money and occasionally defeated them.

To fulfill your cravings throughout the week, European competitions take place on some Tuesdays and Wednesdays.

### UEFA Cup

There is the UEFA Cup, in which all European teams that placed fourth through 6th in the top national league during the previous season battle it out.

And then there is the Champions League, in which European teams that place first through third in their league compete in a playoff.

The winner then plays the winner of the American soccer world for the title of "champion of the world."

To be a famous soccer player for one of the prestigious German soccer clubs is many a young boy's dream. To achieve this goal, they begin playing in local soccer clubs very early on.

Almost every village has teams that range in age from 5 to 6 years to "Alte Herren" (old gentleman), a group whose players are age 30 or older.

### Senior Goalie

One of our area's local teams has a 63-year-old goalkeeper. Even girls soccer teams have mushroomed in recent years.

There are more than 100 girls' teams in competition in the Upper Palatine region alone this season. Some of the men even been forced to admit that the many of the female soccer players' skills can match that of the males.

They even point out that girls tend to whine less and don't try to deceive their referees by acting as often as their male counterparts.

German soccer fans are very loyal. Many trek to their favorite teams' games, decked out in their traditional fan vest (a jeans vest plastered with their team's colors and emblem).

Unfortunately, some loyal fans have given the fanfare a bad name. The 1998 World Cup was marred by news of rowdy fanatics who were charged with the fatal beating of a French policeman in Lens, France.

The behavior of the rioting individuals, however, are the exception and should not be the standard that German fans are judged by.

### Home viewing

Most soccer fans enjoy their favorite spectator sport at home. The Bundesliga games are covered live on the radio on Saturday afternoons.

In recent years, pay-per-view TV channels have offered packages that allow subscribers to view the games live.

Still, most Germans consider it a privilege to watch their soccer games on free TV, and there



Courtesy photo

**No other sporting event captures the world's imagination like the FIFA World Cup. Ever since the first tentative competition in Uruguay in 1930, FIFA's flagship has constantly grown in popularity and prestige.**

is a public outcry each time TV networks lament that they can no longer afford the broadcast, causing cable channels to threaten to snatch up broadcast rights.

Germans don't like change and the weekly 6 p.m. soccer show on Saturdays has been a long standing tradition.

### German and U.S.

I hope you enjoy the World Cup experience in Germany in the next few weeks. Rest assured that my biggest wish is for Germany and the U.S. team to reach the final (although most experts would bet against that).

May the best team win!  
Have you ever wondered why Germans do certain things? I welcome your questions and comments. E-mail me at [martina.bias@us.army.mil](mailto:martina.bias@us.army.mil), and I may be able to address your suggestions in a future column.

## Bayerische Erdbeercreme a perfectly light dessert

by MARTINA BIAS

Bavarian News Food & Culture columnist

*This is the last recipe in a four-part series that will give you a full course German meal. Last week's recipe was Knödel (Bavarian potato dumpling)*

Because German meals (like the Krustenbraten and potato dumplings we featured in the last two issues) are often rather rich and served in large portions, accompanying desserts are usually small, light, and fruity.

The long list of traditional Kuchen or Torten (cakes or tortes) that one regularly finds displayed in cafes throughout Germany are not considered true desserts.

These beautiful window displays are not traditionally served after a meal, but rather savored with a cup of coffee in the afternoon.

Most readers are probably aware that German cuisine varies greatly from region to region.

The southern regions of Bavaria and Swabia, and their southern neighbors – Italy, Switzerland, and Austria – share many of the same dishes.

In the West, French influences are more

pronounced, while the country's eastern regions have much more in common with Eastern European cuisine.

Further north along the coast, dishes are strongly marked by Scandinavian influence.

Examples include the "Rote Gruetze" (Northern Germany's jelled red berries with vanilla sauce), Italian ice crème, and the popular "Mousse au Chocolate" (chocolate mousse from France).

Today we are looking at summer desserts to round out our special meal series.

One of my favorites is a luscious vanilla ice cream with warm raspberry sauce (Vanille Eis mit heißen Himbeeren), sweetened with a little sugar and made extra tasty with a splash of Himbeergeist (clear German Raspberry Schnapps).

This dessert, topped off with fresh whipped cream, is an exceptional summer treat.

Another exceptional summer treat and an appropriate ending to our German meal series is the Bayerische Erdbeercreme (Bavarian strawberry cream) dessert which is listed below.

I hope you have enjoyed our three-course German meal and you will meet me here in the next issue for coffee and a "Frankfurter Kranz" – a rich butter-cream torte.

Guten Appetit!

### Bayerische Erdbeercreme (Bavarian Strawberry Cream)

**1 quart fresh strawberries**  
**½ cup cold water**  
**¾ cup sugar**  
**2 tsp. lemon juice**  
**1 envelope (1 Tbs.) unflavored gelatin**  
**1 cup heavy cream, whipped**

Slice strawberries and mix with the sugar. Let stand until sugar dissolves.

Sprinkle gelatin over cold water. Set stand five minutes, then heat gently until gelatin dissolves completely.

Add gelatin and lemon juice to sliced berries. Fold in whipped cream. Pour into a 1-quart mold or 6 serving dishes.

Chill until set. Carefully take out of the mold and serve garnished with additional berries, as desired.

Yield: 6 servings

*Do you have a favorite German dish you would like to recreate at home? E-mail me at [martina.bias@us.army.mil](mailto:martina.bias@us.army.mil).*



Courtesy photo

**Desserts that accompany heavy German meals are often light and fluffy, like the Bavarian Strawberry Cream**

**Try something different ! If you like to cook and would like an authentic German recipe, e-mail the Bavarian News Food & Culture columnist for a recipe.**

**Wondering how to recreate a delicious dish you ate in a village Gasthof or neighborhood cafe?**

**Let us know. We'd like to feature the recipe in a future issue.**

**Just e-mail us at [martina.bias@us.army.mil](mailto:martina.bias@us.army.mil). Guten Apetit!**





**Greece** is famous for its *majestic* white buildings and domes that form *startling* contrasts to the clear blue Grecian skies.

## Welcome to Greece — your vacation playground

### Sunbathe, hike, or just relaxing on the Greek islands of Crete and Santorini

Story and photos by **KIM DIANO**  
Staff writer

Everyone needs a warm place to go after the long German winter. The Greek islands are well known for their endless olive groves that produce the finest olive oil, Cretan wine, and beautiful landscapes. The bougainvilleas are stunning in full bloom, and mild temperatures hover at 80 degrees during the day. If you put off your travel arrangements until after the Easter vacation you can avoid the crowds and higher prices on Crete, Greece's largest island, and the beautiful Greek island of Santorini.

#### Enjoy Crete's Great Food

Speaking of prices, you will find Crete's food relatively inexpensive! An entire dinner for four adults including appetizers, full meals, and drinks can cost less than 50 Euros.

Taberna is the Greek word for restaurant and each town has an array of them with outside seating and a variety of foods. A must-try cuisine while in Crete are the grapevine leaves stuffed with meat and rice. Delicious!

Another well-known Greek staple is the yogurt sauce called tsatziki. It is served with most meals and will make your mouth water.

Lamb, chicken, and pork kebabs seasoned to perfection are another delicious national specialty. If you eat nothing else while in Crete, try the large donuts which sell for 50 cents on most street corners.

#### Rest on the Beach or Go for an Exciting Hike

While much of Crete is lush with trees and exotic foliage, the island's mountainous terrain gives the landscape a beautiful rustic feel.

The hiking possibilities on Crete are endless as are the beaches where one can cool off after day-long adventures. Jet skis, banana boats, and kayaks dot the beaches for those who'd like to take a dip in the still cool Aegean Sea.

You can book everything from car rentals to excursions at most hotels. Vacations on a budget can venture out to the strip, where the price to rent cars and book excursions is 20 to 50 percent cheaper.

Serious hikers should not miss the Samaria Gorge trip. For 28 Euros, a bus picks you up in front of your hotel and drives you to the gorge where you can hike down at your leisure.

At 18 kilometers, Samaria is the longest gorge in Europe. The first four kilometers is a steep, rocky cliff, so proper shoes are very important. Midway through the seven-hour hike, there is a small village where you can rest and eat a pre-packed lunch. Food is not provided. The hike is long and is not for the faint of heart, begin-

ners, or the physically handicapped.

It's well worth the extra effort for the breathtaking views over the gorge and cliff sides. Be sure to bring your camera. It is a well-hidden lush area of Crete that you will not see by simply driving around town.

#### Take the Ferry to Santorini

You can take an early morning ferry from the Crete marina to the beautiful Santorini for 75 Euro per person. During the three-hour ferry, you will eat breakfast and receive a briefing about the island.

For an extra 25 Euro per person, you can take a bus tour around the island, stopping at several areas of interest. If you prefer traveling without a guide, the ferry will take you on to Fira, Santorini's capital.

You can reach the top of the city by taking a cable car (3.50 Euro one way); riding a bedraggled donkey up the cliff (4 Euros one way); or hiking on your own at no cost.

What they don't tell you is that the hiking path is the same one the donkey takes. So while you are walking the 600-plus steps up the cliff, you must also try to avoid donkey droppings.

Dinner is included in the 75 Euro ferry fee, and the amazing sunsets you will see on your way back to Crete are completely free of charge.

After making it to the top of Santorini you can relax and enjoy the dazzling view by eating lunch at one of the many restaurants overlooking the caldera. The prices are a little higher here than in Crete, but still reasonable and worth it.

After seeing the stark white buildings with their painted domes, you'll think that every Grecian postcard was taken from this island.

Part of Crete's fame comes from the thousands of honeymooners who flock there year-round. The island is easily accessible by foot or taxi.

#### Shopping Tips

Shoppers will particularly enjoy the many shops to explore in Rethymno (Crete) and Fira (Santorini).

Unlike your typical souvenir shops, they offer original clothing and unique gifts. Greek wine, olive oil, and spices are in abundance. The prices are relatively inexpensive compared to average European shopping, and store owners are very pleasant while you window shop.

Several stores offer spoons, picture frames, and other items carved from olive wood. The wood is beautiful and dense, guaranteeing the gifts last a long time.

In the bakeries along the strips, you can purchase chocolates, sweets, and Greek breads, all of which make great gift ideas and are easy to pack.

Your local SATO office is a good place to start your Greek vacation. Travel packages start at about 700 Euros per person, including train ticket, airfare, breakfast and dinner or lunch, and a seven-day stay at a five-star hotel.



Bougainvilleas add a beautiful splash of color to a Cretan hotel.



Santorini sits atop a cliff that can be reached by cable car, donkey, or hiking.



Santorini's brightly colored architecture.





Once Upon a Time...

Fifty-six children from Hohenfels performed “Hansel and Gretel” May 13 as part of the Missoula Children’s Theatre.

The Missoula Children’s Theatre International Tour Project is a non-profit organization based in Missoula, Montana, and is the largest touring children’s theatre program in the United States. This year nearly 55,000 cast members across the globe will take to the stage with the group.

The concept is based on a week-long residency during which a team of two staff tour actor/ directors develop and produce a full-scale musical with 50-60 local children as cast members. Auditions, intensive rehearsals, workshops and finished performances for the public are all part of the residency.

The plays are updated versions of classic fairy tales and children’s stories. Each production comes complete with professionally designed scenery, costumes, props and makeup, as well as sound and lighting equipment.

Staff photo by Kim Diano

USAG Grafenwoehr welcomes lead Stryker element

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Hurley, Central Processing Facility manager, USAG Grafenwoehr. “This keeps the efficiency of having all of your Day 1 stations: medical inprocessing, dental, postal, cultural and community services briefings, and the Day 2 stations: finance, transportation, personnel and installation access control cards all in the same place,” he said. “We have been working on this (inprocessing effort) since last summer,” Cooper said, “the goal is that they are well-received, and have a warm welcome. We are here to help them out as much as we can.” The help began while the Stryker unit was still at Fort Lewis. Housing representatives traveled to Fort Lewis with floor plans of housing units and build-to-lease housing to take applications, Cooper said. Post office boxes were also pre-issued, enabling Soldiers to mail possessions ahead of time. The housing situation was made more complicated by the structure of the transformed unit, Cooper said. “A Stryker Brigade has about 500 more Soldiers than the 3rd Brigade Combat Team, so we will need more private rentals on the economy,”

Cooper said. Incoming hold baggage was delivered to assigned housing units and barracks, along with loaner furniture and appliances, with the assistance of 3rd Brigade manpower, Cooper said, adding, “We couldn’t have done it without them.” The Soldiers’ privately owned vehicles will be arriving soon, but most Soldiers won’t have to spend time taking the driver’s test, Cooper said. “Installation Management Agency – Europe sent a testing team to Fort Lewis, and 2,400 Soldiers already have a USAREUR license,” he said. Until the Soldiers’ vehicles arrive, shuttle service in the community has been increased, Boyle said. Fred Grant, Vilseck main post exchange store manager, has been preparing for the new arrivals since the restationing announcement by analyzing Fort Lewis’ sales records. “Our building was a little smaller, so we ramped up,” Grant said. “We brought in ten trailers filled to the brim, increased our staff by 30 percent, and stocked up on ‘new home’ items.” Garrison Grafenwoehr prepared for non-human members of the Stryker family too. Veterinarians, assisted by Soldiers and volunteers saw more than 15 pets May 17, and are prepared for many more.



Hiram Hurley, U.S. Army Garrison Grafenwoehr Central Processing Facility manager, responds to a question from an incoming Stryker Brigade family member. Following a ten-hour flight from Fort Lewis, nearly 300 Soldiers and family members arrived in Vilseck May 17.

Courtesy photo

“Here we are seeing how they traveled, looking for scratches, bruises, hydration, and their responsiveness,” said Capt. Kristine McElroy, Vilseck veterinary clinic. “We check their heart, lungs and allow them to use a litter box, which is changed for each animal,” said Capt. Lisa Ellsberry, Hohenfels veterinary clinic. The animal ‘inprocessing’ took place in an enclosed motor pool not

far from the Memorial Fitness Center, while the owners went through a similar process. Including Head Start classes in basic German and the resolution of any unforeseen problems, the full integration process will take approximately two weeks, said Hurley. “The goal is that when we are finished, the Soldier is deployable,” he said. The Stryker Soldiers left a positive

impression on USAREUR leaders during their visit to Fort Lewis. “I think they are excited about coming, know what their mission is, and want to serve in Germany,” Hertling said. “The reception and fielding team did unbelievable work preparing the facilities at Vilseck for the people coming,” Hertling said. “Life is good if you’re in the 2nd Cavalry Regiment.”

Technology prevents deployed troops from missing graduations

Continued From Page 1

take place simultaneously June 9, and the final ceremony will be webcast June 16. The communities with schools identified to date as participants in the graduation webcasts are Bamberg, Baumholder, Bitburg, Giessen, Hanau, Heidelberg, Hohenfels, Kaiserslautern, Mannheim, Ramstein, Vilseck, Wiesbaden and Wuerzburg in Germany; Naples, Sigonella and Vicenza in Italy; AFNorth in Belgium, and Lakenheath, England. Using state-of-the-art web technology, deployed parents will be able to see their seniors graduate, view student messages recorded for the occasion, and talk one-on-one with their graduates via video teleconference or webcam hook-ups.

This is the third year the effort has been undertaken. While the broadcasts are a monumental technical challenge, they are emotionally significant life events for the student and the deployed parent, said Diana Ohman. “There is no room for error. It is too important. It is important to the graduating senior that he or she be able to share the event with their parents, as well as for the deployed parent to be able to view their son or daughter crossing the stage,” Ohman said. Planning for this year’s webcast began in January. Seniors who had, or anticipated having, parents deployed at graduation time were identified through high schools. A list of schools with deployed parents and other specifics was forwarded to USAREUR, where contracts were

written and the immense coordination process began. German contractor M-CAST Engineering Services was awarded the contract last month to provide technical support for the webcasts. M-CAST project coordinator Christof Maas said that while this is the first year his company has been awarded the graduation contract, they have been involved in past webcasts as subcontractors. “We are ahead of where we were last year, and that’s a good sign,” said Kenneth Bilbo of the USAREUR information management directorate, one of the initial planners. However, “we expect changes and alterations right up to the last minute of the last graduation ceremony,” added Angela Fobbs of the 5th

Signal Command. Each high school is being paired with a local signal battalion for backup, technical assistance and additional support. Those battalions will join M-CAST to begin testing audio and video feeds between each graduation site and the dozens of receiving locations downrange. Deployed or deploying parents who have not been contacted can call the DoDDS-Europe Public Affairs Office at DSN 338-7612 or have their graduating student contact his school principal. Ann Mulligan of AFN-Europe said once the ceremonies are complete, the network will rebroadcast the graduation ceremonies. Dates and times will be announced at a later date, she said.

Participate in Army weight management program from comfort of your home

Continued From Page 1

“You sign up, go online and pick a class,” Jaghab said. “Then, at the scheduled time, you log on and participate in a virtual class.” Participants can interact with other students and the instructor, as well as view slides and a participant list. The site also includes links to health and weight loss information and special features. In a recent section, dietetic interns

reviewed nine popular weight loss books, scoring them for such areas as hunger satisfaction, healthiness and effectiveness. “Weigh to Stay is the Army ‘gold standard,’ but there are other ways that are effective,” Jaghab said. “Since there are other methods out there, we want to make sure we provide information so people can make smart

choices for themselves.” The site’s success has prompted Army officials to extend the online program to active-duty Soldiers, family members and retirees, although only reserve Soldiers are able to forego the traditional program for the online one. It could also prove particularly beneficial for deployed Soldiers who take risks when traveling back from the frontlines to attend sessions with a dietitian, Jaghab said. “Statistics show that 70 percent of our population is not flagged but know they have a problem now or one in the past,” he said. “There’s a need for this type of online program in the Army.” The ultimate goal is to create a multi-service site for the Department of Defense, Jaghab said. “I’m hoping the site eventually becomes a ‘one-stop shopping’ site for weight management,” he said. For more information or to register for the Weigh to Stay Web site, call Jaghab at (410) 436-8856 or DSN 584 - 8856. Information and registration can also be obtained by e-mailing danny.jaghab@apg.amedd.army.mil.

Call DSN 584-8856 / (410) 436-8856 now to register